

# 2024 ONGOING SUPPORT

## Breast Cancer Support Group

The group is held the third Tuesday of every month from 11 am – 12 pm. This group provides a safe and encouraging space for those diagnosed with breast cancer. For information, call 909.865.9691 or email [ExpertCancerCare@pvhmc.org](mailto:ExpertCancerCare@pvhmc.org).

## General Cancer Support Group

A virtual general support group held on the second Tuesday of the month from 11 am - 12 pm. This group provides a safe space for individuals to process their thoughts and feelings regarding their diagnosis, its impact on daily life and to share experiences with others touched by cancer. For information, or to receive a Teams link, call 909.865.9958 or email [ExpertCancerCare@pvhmc.org](mailto:ExpertCancerCare@pvhmc.org).

## Nutrition

Schedule a consultation with a Registered Dietitian to discuss side effect management during or after treatment, as well as address key nutrients to optimize your wellbeing. Call 909.865.9501, ext. 3141, to schedule your appointment.

**Our Library is open to the community Monday – Friday, 8:00 am to 5:00 pm.**

Pomona Valley Hospital Medical Center  
and The Claremont Club *present*

## Living Well After Cancer

*A program held at The Claremont Club specially designed to improve cancer survivor's fitness level, quality of life and self-esteem. It is offered at no charge to cancer survivors.*

*For more information, contact:*  
**[lwac@claremontclub.com](mailto:lwac@claremontclub.com) or call 909.625.6791.**

## Virtual Pilates Class

This class is held every Friday from 10 am -11 am and is tailored for cancer patients of all genders. Pilates is designed to help patients reach a personal healthy activity level. Pilates uses gentle, low-impact exercises to help improve posture, flexibility, endurance and core strength. Space is limited, with priority given to PVHMC Cancer Care Center patients. For information or to receive a Teams link, email [ExpertCancerCare@pvhmc.org](mailto:ExpertCancerCare@pvhmc.org).

## Chemo Education

Chemotherapy/Immunotherapy Education is held every Friday at 3 pm. Scheduling will be done prior to the start of your treatment. The purpose is to provide information about your Infusion Chemotherapy/ Immunotherapy, side effects, frequency of treatment and process from infusion to discharge. For questions, call the Medical Oncology Infusion room at 909.865.9501, ext. 5693.

## Newly Diagnosed Orientation Meeting

Newly diagnosed breast and lung cancer patients treated at the Cancer Care Center are invited to learn about the journey ahead. Meet your nurse navigator and receive resources to help you manage your care. To schedule an appointment or for more information, call 909.865.9691 for breast cancer inquiries, 909.869.9903 for lung cancer inquiries or email [ExpertCancerCare@pvhmc.org](mailto:ExpertCancerCare@pvhmc.org).

## Advance Care Planning

Advance Care Planning is the process of making your wishes known in writing and choosing someone who would want to make medical decisions for you in the event you are unable to make them for yourself. Adults, regardless of their health status, can benefit from such planning. If you would like more information or would like to complete an Advance Directive, please call our Licensed Clinical Social Worker, at 909.865.9958.



MEDICAL CENTER

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